Perk up meals

Onions add spice

By Shirley W. Walton
Extension Agent
Onions Put Pzsazz in Your Meals

The onion is considered one of the world's noblest vegetables. The wilds of Asia claim to be the home of the first onion, belonging to the Alliums family.

Since ancient times, the onion has been hurled as a strength building food and championed for healing qualities. Huge quantities of this now very popular bulb were fed to the builders of the great Egyptian pyramids about 3000 years B.C. Though they were unaware that onions provided them with a good amount of calcium and Vitamins A and C and that they contained significant amounts of iron and B vitamins, the Egyptians continued to defy this member of the Allium family. In ancient times the onion symbolized the sun a and were considered sacred.

Did you know that the sweet Spanish onion is consumed at the rate of 400 million pounds per year: This rate per capita consumption has doubled in the last ten year period. Did you also know that onions are very low in calories, contain only a trace of fat and add bulk to our diets: These can be included in vegetable dishes to add pssazz, excitement, as well as good nutritional value to a menu.

Onions need to be stored in a cool dry place in a container or bag that permits air circulation. Once cut they should be kept in a plastic bag or covered bowl in the refrigerator. It is also good to store onions, if you buy them in small quantities, in the vegetable drawer of your refrigerator.

Onions may also be frozen. All you need to do is chop or slice, freeze and store as you would any other froen vegetable. You do not blanch or steam them before freezing.

Many people make onion-skin dye. If you wish to do so, you may start saving the skins of sweet Spanish onions to use for making an inexpensive Easter egg dye. You will need a plastic produce bag of skins or about two ounces. Place the skins in a large kettle with two quarts of water. Bring to a boil, cover and cook 20 minutes. Strain, pressing the skins to extract the dye. Discard skins. Add one tablespoon of vinegar to dye. Carefully add one dozen uncooked eggs. Simmer slowly for 20 minutes. Lift out and place eggs in cool water. Eggs may be decorated with waxed crayon before dying. This is a perfect dye for dying cotton fabrics or for tie-dyed projects. Remember, the more skins you use, the more intense your color.

If you have a homemaking question or problem, you may call us at 352-8244 or you may write us at P. O. Box 488, Appomattox, Va. 24522.

Good news for homemakers

Have a good week!

Dates To Remember:

March 25, 1982 - Mrs. Betty Douglas, Home Economist with Southside Electric Cooperative, will be conducting a Food Processor Workshop at the following times: 10:00 a.m. to 12:00 noon and 2:00 to 4:00 p.m. You are invited to participate in this good educational opportunity. We will be showing you the different types of food processors and how they operate and handle different types of food.

RECIPE OF THE WEEK
Onion Cheddar Soup

2 large onions
½ cup finely chopped celery
½ cup finely chopped carrots
¼ cup margarine
2 tablespoons flour
6 cups well seasoned beef broth
½ teaspoon salt and pepper
1½ cups grated sharp Cheddar cheese

Peel and slice onions to measure four to five cups. Saute onion pieces, celery and carrots in margarine over low heat, about 10 minutes or until translucent. Blend in flour. Gradually add broth, stirring until it reaches the boiling point. Cover and cook over low heat 10 minutes. Add salt, pepper and cheese, stirring until cheese is melted. Serve with toast wedges. This makes four to six servings of delicious and nutritious soup.

MRS. SHIRLEY WALTON is shown giving a demonstration of nutrition. The theme of her program was "Junk Food Junkie." Mrs. Walton enthusiastically introduced Mrs. Berryman's group to many nutritious snacks.

Riggleman promoted

Marine Lance Cpl. Roy K. Riggleman, stepson of Edward L. Surber and son of B. Mae Surber of Route 1, Box 159A, Spout Spring, Va., has been promoted to his present rank while serving with Wing Transportation Squadron 37, Marine Corps Air Station, El Toro, Calif.

A 1980 graduate of Fairfax High School, Fairfax, Va., he joined the Marine Corps in August 1980.

John Hudson deployed

Marine Cpl. John T. Hudson, son of Mary C. and Uatha E. Hudson Sr. of Route 3, Box 358, Appomattox, Va., recently deployed to Norway to participate in the NATO exercise "Alloy Express."

He is a member of Battalion Landing Team 2/2, 36th Marine Amphibious Unit (MAU), Camp Lejeune, N. C.

"Alloy Express" involves Marines from the Netherlands, England, Germany and the U.S., as well as army forces from Norway. It is designed to gain realistic training in combined amphibious landings and subsequent operations ashore in an arctic environment.

The six-day exercise will include two practice landings and an amphibious assault on northern Norway.

The members of the 36th MAU will spend 10 days training in live-firing, skiing and a cold weather bivouac routine prior to the exercise.

After the exercise is completed, port visits are scheduled for England, the Netherlands, Norway, France and Spain.

A 1978 graduate of Appomattox County High School, Hudson joined the Marine Corps in December 1978.

Melissa Mosley on duty

Spec. 4 Melissa P. Mosley, daughter of the Rev. and Mrs. Joseph C. Hixson of Route 1, Shiloh, Ga., has arrived for duty in Kaiserslautern, West Germany.

Mosley, now with the 561st Supply and Services Battalion, was previously assigned at Fort Campbell, Ky.

Her husband, Lyle, is the son of Mollie Hubbard of Route 1, Appomattox, Va.

The specialist is a 1978 graduate of Central High School, Talbotton, Ga.

March: a vital month

By JAMES A. SMITH
Extension Agent

March is an important month to get a number of jobs done: tobacco plantbeds need to be seeded, potatoes and onions planted, fruit trees and grape vines pruned, tomato plants started, asparagus cut back and fertilized, bare or thin spots in the lawn reseeded, overseed pastures and hay land with clover, apply herbicides around fruit trees, grapes and lawn, treat cattle for lice control and plant fruit/nut trees, strawberries, grapes.

* * *

A 24 (c) label has been released for use of Orthene in flue-cured tobacco transplant water. Limit Orthene to one pound per acre for flea beetle control.

The label must be in the possession of the user at the time of pesticide application. This is a requirement of all 24 (c) labels.

* * *

Soil tests are vital to reducing crop expenses and still maximize crop yields. Don't wait until everyone else decides to start pulling samples. The Virginia Tech Lab can run 800 samples a day.

* * *

Last Thursday evening Fire Cured Tobacco growers heard an excellent discussion on the "no net cost tobacco program." Fire Cured producers have a number of serious problems facing them as a decision is made on how to conform with the law and still maintain a viable industry.

Type 21 has experienced losses between 1971 and 1980. Principal losses amounted to $112,000 plus $122,000 in interest losses. This will have to cease after this year. Some radical changes will possibly occur to achieve the goal of "no cost to government."

* * *

Net farm income has dropped for the past two years and is projected to drop in 1982. In 1979 net farm income was $27.7 billion; 1980, $21.9; 1981, $19.0 and projected at $14.5 for 1982.

On January 1, 1981, parity of farm prices was 652, by December 31 it had dropped to 56%, the biggest drop since the great depression.

* * *

We are interested in learning whether there is any interest in any on-farm test demonstrations for tobacco weed and disease control.

Some we are interested in working on are: weed control using incorporated herbicides, weed control--layby, root know nematodes, black root rot, blackshank control and tobacco mosaic virus control.

If any of these are problems on your farm and you are interested in working with us on some small demonstration plots, please give me a call. We would prefer only one demonstration per farm. This will give you an opportunity to test some advance materials under your soil and management conditions.

* * *

The demand for some forest products is projected to improve over the next 30 days. Pulpwood and pulp chips are rated as being in fair demand; other products are still in poor demand.

* * *

Plans are underway for Agri-Tech Week at Virginia Tech, July 6-9. Dormitories and meals will be available--you may want to plan for a couple of days on campus with the family for this event. More details will be coming out soon.

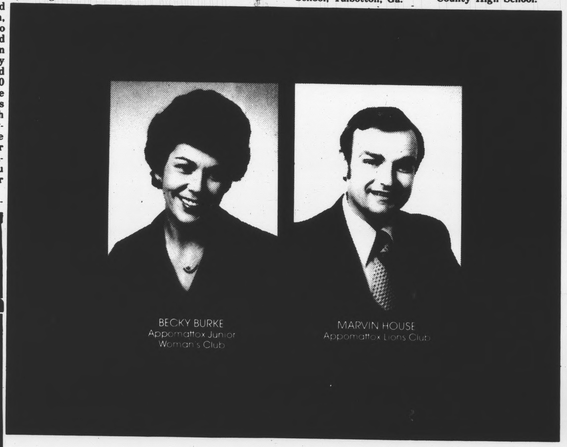
* * *

Walter Mosley completes course

Spec. 4 Walter L. Mosley Jr., son of Walter L. and Serena Mosley of Route 3, Appomattox, Va., has completed a U. S. Army primary leadership course at Fort Stewart, Ga.

Students received training in supervisory skills, leadership principles and small unit training techniques essential to a first-line supervisor in a technical or administrative environment.

Mosley, a vehicle mechanic with the 152nd Air Defense Artillery, is a 1978 graduate of Appomattox County High School.



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FBLA students celebrate

The Future Business Leaders of America celebrated FBLA Week February 8-12. Different activities were held and they were very successful.

Terri Nash started the week off by meeting with Mayor Ronnie Spiggle on Monday, February 8, to have him sign the proclamation declaring this as FBLA Week.

Monday night the Steno II class gave the residents of Babcock Manor a Valentine party. They sang songs, entertained the residents, and served refreshments.

Teacher Appreciation Day

On February 9 the Typing & Related II Class handed out cupcakes and thank-you notes to all the faculty and staff. They also gave out boxes of valentine candy to the Business Department Advisory Council members. This was done to show teachers and faculty how much FBLA appreciates their help throughout the year.

Blue-Gold Day

On Wednesday, February 10, the Future Business Leaders of America showed their business spirit by participating in Blue-Gold Day. There was 100% participation in Mrs. Holt's 3rd period typing class and Mrs. Frey's 1st and 2nd Steno II class.

The monthly club meeting was also held. The subject of this meeting was one that touched all of the FBLA members' hearts. March of Dimes speaker, Barbara Litton; poster child, Amy Wacaster, and her mother Pam Wacaster, were the speakers. Also shown were two films on Birth Defects.

The member of the month was Denise McCormick of Appomattox. She has helped with the Christmas social given to the faculty by the Business Department, has helped with the Thanksgiving Welfare Project, and helped to organize and carry out FBLA Week activities. Her leadership helped to brighten the evenings for the residents at Babcock Manor on Monday night.

Type-A-Thon

Thursday, February 11, was the FBLA Type-a-thon. Members who wished to participate went around getting sponsors. They then took timings, figured out their words per minute, and are now collecting the money owed them. The amount of money raised was $483. That added to the $300 from last year's Walk-a-thon still leaves us $200 short of our $1000 goal. The business teachers held their own Type-a-thon on February 18 to raise the needed $200.

Dress Right Day

The final activity for the week was Dress Right Day. Participants were judged on: Poise, Appropriateness of Dress, Coordination, Cleanliness and Neatness, and Good Grooming Techniques. The judges were: Mrs. Harriet Beasley, Mr. Scott Conkwright, and Mrs. Brenda Gowin.

The winners were: First Place - Denise McCormick, Second Place - Lisa Mann, and Third Place - Mitzi Baldwin. They all won gift certificates and corsages. A boutonniere was given to Mike Davis for being the only male participant.

DECA Winners

WINNERS IN THE DECA competition included (front, from left) Kim Shupe, Amanda Gage, Susan Goggin; Sheila Carrico, Roselyn Megginson, Darlene Smith; (back row, from left) Teresa Bass, Todd Moore, Mike Shupe, John Franklin, and Darrell Franklin. (Photo by Bill Sherrod)

First Place

FIRST-PLACE WINNERS in the recent DECA competition included (from left) Kim Shupe (sales demonstration), Teresa Bass (district vice president and D.E. Student of the Year), Mike Shupe (auto/petroleum), Roselyn Megginson (job interview), and Darlene Smith (food service).

Locals compete

By Cornelius Davis

On March 2 and 3 at River Ridge Mall students from E. C. Glass, Heritage, Jefferson Forest, Rustburg, Brookville, Cumberland, Prince Edward, Buckingham and Appomattox competed in district competition.

Students competed in the following categories.... Sales Demonstration, Job Interview, Student of the Year, District Vice President Selection Committee, Apparel and Accessories, Food Services, District Vice President, Food Marketing, Auto and Petroleum and General Merchandising.

Representatives from Appomattox were Darrell Martin, Mary Jane Lann, Kim Shupe, Kim Gunter, Roselyn Megginson, Susan Goggins, Theresa Bass, Debbie Watson, Arylice Ferguson, Lester Hodges, Hunter Martin, John Franklin, Kevin Scott, Ricky Franklin, David Ferguson, Rose Fitch, Mike Shupe, Todd Moore, Wayne Phelps, Amanda Gage, Kathy Ragland, Connie Ayers, Darlene Smith, Tim Webb, Shelia Carrio, Rebecca Doss, and Wayne Hawkins.

At Rustburg

Drama planned

The Drama Department and Thespian Troupe #1284 of Rustburg High School will present the murder mystery "Who Killed Aunt Caroline?", Friday and Saturday, March 26 and 27, at 8:00 p.m. in the school's auditorium.

The play is an exciting "who done it" written by Grant Richards and produced in cooperation with Samuel French, Inc. This is a different kind of mystery play that does not depend on bowing winds, ghostly shrieks, or things that go bump in the night to develop the suspense. Instead of people with beady eyes, the main suspects are the members of the Endicott family - the kind of folks who live next door. For three acts the audience is faced with the fact that one of these genial people has committed cold, calculating murder. Of course, Aunt Caroline deserved to die. She is so mean and domineering that she would have made Attila the Hun look like Mary Poppins.

The cast for the production is as follows: Mrs. Endicott-Cyndi Watkins; Agnes-Melynda Cash; Ricy-Troy Coleman; Beryl and Beth Plaster; Cicely-Lynn Pulliam; Lieutenant Clayton-James Locke; David Thompson-Lin Watkins; Dan Donovan-Charles Allen; Miss MacLain-Beth Lambert; Una Hagaman-Sharon Peery; Miss Mabbitt-Lisa J. Hall; and in the title role, Aunt Caroline-Susan Goff.

The play is being directed by Cindy Forrest, a second year drama student and member of the International Thespian Society. Other crew members are: Stage Manager-Judy Hall; Make-up-Kecia Waller and Heather Taylor; Props-Carroll Hobbs; Lighting-Lincoln Wood; and House Managers-Michelle Scott and Michelle Austin.

All technical aspects of the play-costuming, set design and construction, publicity, etc.-are being handled by the students in Speech and Drama II and III as part of their advanced study in the technical aspects of theatrical production. The faculty supervisor for the production is Martha J. Wilson.

Tickets for the production go on sale Monday, March 22 at the school. Advance sale tickets are $2.00 for adults and $1.00 for students. At the door all tickets will be $2.50. Children five and under are admitted free.

For an evning of family entertainment, plan to attend "Who Killed Aunt Caroline?", March 26 and 27 at Rustburg High School, 8 p.m.

March 14-20

Older workers cited

Older Worker Week is planned for March 14-20, 1982, according to the U.S. Department of Labor. Virginia Green Thumb, Inc. is encouraging employers to recognize their older workers during this week.

According to a survey conducted by the Corporate Committee for Retirement Planning, older workers are more satisfied with their jobs than younger workers. Older workers were found to have better attendance and lower accident rates, and 84% of the personnel directors queried thought that older employees are more productive.

(Cont'd on page 13)

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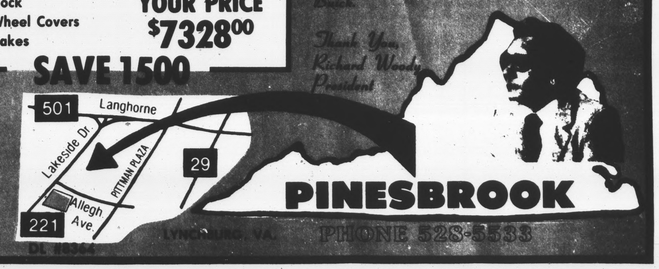
HOURS
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SATURDAY 9-5